

STOTT PILATES® *seven days of CECs*

Last chance to earn STOTT PILATES CECs for 2008 in Toronto

DECEMBER

Athletic Conditioning on the Reformer, Workout 2

Athletes and trainers alike recognize the benefits of alternative performance enhancing training methods like Pilates. This second-level Reformer workout builds on the first full-body routine, placing emphasis on core stability, while challenging strength, power and agility. Learn variations and unique moves that challenge unilateral movement, weight transference torso rotation – as well as strength and mobility of arms, legs, shoulders and hips.

Dec 10 | 10am-12pm | \$80

Ultimate Body Sculpting

This workshop teaches Intermediate level exercises that challenge core and peripheral strength, and add variety and multi-dimensional joint movements to the basic Flex-Band® exerciser routine. Emphasis is on upper and lower body working together while maintaining correct alignment and form.

Cues and corrections for safety and effectiveness are also covered.

Dec 10 | 12:30pm-2:30pm | \$80

Intermediate BOSU®*

Progress from the Essential BOSU work by linking Intermediate level Matwork exercises with the versatile BOSU Balance Trainer, a demi-ball that effectively targets and conditions the core. Exercises performed on both the flat and inflated dome side of the BOSU in standing, kneeling, seated, supine and prone positions are demonstrated and practiced. Participants also learn stability, balance, strength, flexibility, agility, coordination and endurance that are all enhanced with the BOSU.

Dec 10 | 3pm-5pm | \$80

V2 Max Plus™ Programming for Scoliosis Management

Clients with scoliosis face genuine issues when looking for a suitable exercise program. Learn the causation of scoliosis and the different forms of the condition in this workshop. Work directly with the V2 Max Plus™ Reformer, and discover how the unique features of this all-in-one unit enable you to create effective programs to address the specific needs of this population. Case study work presented will challenge your understanding of scoliosis and potential programming solutions.

Dec 11 | 10am-12pm | \$80

Mini Flex-Ball™ Workout

Incorporate the 12-inch Mini Flex-Ball to create total-body strengthening and conditioning. Energizing exercises work on improving posture with a focus on core stability and back mobility while also lengthening and strengthening surrounding muscles. Incorporating STOTT PILATES' Five Basic Principles, participants learn to add variety and fun to traditional Matwork routines.

Dec 11 | 12:30pm-2:30pm | \$80

Foam Roller Challenge

Learn how to add further challenge to the Foam Roller routine in this level 2 workshop. Using the roller's unstable nature while reducing the base of support increases the challenge to strength and balance. Cues and corrections for safety and effectiveness are also covered.

Dec 11 | 3pm-5pm | \$80

V2 Max Plus Programming for Osteoporosis Management

Clients with osteoporosis face genuine issues when looking for a suitable exercise program. Learn the causes of osteoporosis and the different forms of the condition. Work directly with the V2 Max Plus Reformer, and discover how this unique all-in-one unit enables you to create effective programs that address the specific needs of this population. Case study work challenges your understanding of osteoporosis and potential programming solutions for their obstacles will be presented.

Dec 12 | 10am-12pm | \$80

Essential Pilates on the Edge

Bring a new level of excitement to your workout and teach your classes on the edge! This versatile tool helps ramp up the intensity level by changing the angle of your routine. Discover how the Pilates Edge™ can be used in various positions to take advantage of the foam triangle's increasing height.

Dec 12 | 12:30pm-2:30pm | \$80

Intensifying Essential Matwork

Discover how to challenge clients with maximum safety and effectiveness by taking STOTT PILATES' Essential Matwork to a higher level of intensity. Participants learn to add variety and increase the pace of the workout to improve muscular endurance and core stability, without sacrificing control and quality. Cues and corrections for safety and effectiveness are also covered.

Dec 12 | 3pm-5pm | \$80

Matwork for Breast Cancer Rehab

Many breast cancer survivors are encouraged to seek out fitness programs to assist in their recovery and provide the strength and endurance needed to resume an active lifestyle. This workshop discusses various types of treatments including surgery and reconstruction and the exercise requirements for each. This Matwork-based program focuses on ROM for the entire shoulder girdle, establishing mobility, restoring posture, ensuring proper biomechanics and developing core and peripheral strength to address muscular imbalances created from surgery. Exercises incorporate hand-held Toning Balls and a small foam cushion to work on low-load strength and endurance.

Dec 13 | 10am-12pm | \$80

Prenatal Pilates with Stability Ball & Flex-Band®

This interactive seminar draws upon the most current medical information, exercise guidelines and research available on pregnancy and movement. Exercise adaptations are explored and programming concepts for teaching small groups and private clients are discussed. Anatomical and physiological changes, risk factors and movement considerations are discussed with an eye to providing a safe and effective workout through all trimesters and provides strategies for building new programs as well as enhancing those in progress.

Dec 13 | 12:30pm-2:30pm | \$80



STOTT PILATES® is recognized by the American Council on Exercise as a Continuing Education Specialist.

second annual **seven days** of CECs

Last chance to earn STOTT PILATES CECs for 2008 in Toronto

3-D Balance

Increase the challenge and benefit of Intermediate Matwork exercises by adapting them to the Stability Ball. The ball's dynamic nature provides additional proprioceptive challenge and prompts faster stabilization. This workout increases in difficulty from both the Core Balance and Dynamic Balance workouts.

Dec 13 | 3pm-5pm | \$80

Intensifying Essential Reformer

Learn to challenge clients with maximum safety and effectiveness by taking STOTT PILATES' Essential Reformer exercises to a higher level of intensity. By increasing speed and flow of exercise sequences and modifying the existing repertoire to increase muscular and cardiovascular endurance, participants learn how to inspire more capable clients who may not be ready for the Intermediate Reformer program.

Dec 14 | 10am-12pm | \$80

Prenatal Pilates on the Cadillac

Help take moms-to-be from the traditional Matwork variations to modifications on the multi-dimensional Cadillac. Drawing on the latest medical information and ACOG guidelines, anatomical and physiological changes, risk factors and movement considerations are discussed with an eye to providing a safe and effective workout. Workouts are concentrated on the 2nd trimester including pre-pregnancy fitness levels, health concerns and fitness goals. Appropriate positioning and resistance components are discussed.

Dec 14 | 12:30pm-2:30pm | \$80

Group Stability Chair

Fitness trainers and program directors recognize the benefit of group programs featuring Pilates equipment. Participants experience first-hand exercises included in a group chair class and observe how exercises are modified for all participants. Discover how the versatile STOTT PILATES Split-Pedal Stability Chair dramatically increases programming options for every level of participant and address any type of special need. Keep your group classes challenging and fun while emphasizing positioning and execution.

Dec 14 | 3pm-5pm | \$80

Pilates on the Green: Matwork for Golf, Level 2

A movement as complex as a golf swing requires focus, strength, flexibility, balance, and power from the ground up. This interactive workshop teaches how to use these specially designed intense Matwork exercises to help their clients sharpen all of those areas. Focus on isolating key physical components to aid in increasing club head speed and send that ball further down the fairway.

Dec 15 | 10am-12pm | \$80

Post-Natal Pilates

Most women are able to return to exercise 4-6 weeks after a regular birth or when they get clearance from their physician. Many exercises they have been performing during the 2nd and 3rd trimester of pregnancy will still be suitable, but others can be added to focus on reactivating and stabilizing the pelvic floor, transversus abdominis and obliques as well as developing lumbo-pelvic stability. This gentle but effective workout incorporates Toning Balls.

Dec 15 | 12:30pm-2:30pm | \$80

Equipment Programming for Breast Cancer Rehab

Many more women will survive breast cancer today than ever before. A specially designed fitness program will be a tremendous asset to provide a more comfortable recovery and deliver increased strength and endurance to resume an active lifestyle. This workshop looks at a series of gentle, very targeted resistance-based exercises, focusing on ROM for the entire shoulder girdle, establishing mobility, restoring posture, ensuring proper biomechanics and developing core and peripheral strength to address muscular imbalances created from various types of surgery.

Dec 15 | 3pm-5pm | \$80

Jumpboard Interval Training, Level 2

Increase intensity and challenge coordination and cardiovascular fitness using more complex Jumpboard intervals while ensuring safety and proper technique. Incorporate strengthening exercises for upper and lower body as well as the all-important core. Designed for intermediate to advanced level clients or groups, this plyometric workout will deliver all-over fitness while easily motivating and maintaining interest.

Dec 16 | 10am-12pm | \$80

Programming on the V2 Max Plus™ Reformer*, Workout 1

Utilize the unique features of the STOTT PILATES V2 Max Plus™ Reformer* to expand programming for group classes and private training. Learn to transform the machine to explore selected Essential-level Matwork, Reformer and Cadillac exercises. Guaranteed to keep you and your clients challenged, motivated and coming back for more.

Dec 16 | 12:30pm-2:30pm | \$80

Introduction to Athletic Conditioning on the V2 Max Plus™ Reformer*

Serious athletes – professional or amateur – benefit greatly from performance enhancement training. This high-caliber introductory workout is designed for instructors and trainers working with very fit and accomplished athletes. Experience the virtually endless programming options the V2 Max Plus Reformer allows. Initiating from the core, learn how this complete body workout retrains muscles that have become unbalanced and take your clients to a new level of strength and agility.

Dec 16 | 3pm-5pm | \$80

20% workshop deposit is non-refundable and non-transferable to another date.

For more details, contact the Education Department at

416-482-4050 ext 261 or email education@stottpilates.com

STOTT PILATES®
m **merrithew** CORPORATION

2200 YONGE STREET, SUITE 500, TORONTO, ON, CANADA M4S 2C6
TELEPHONE 416-482-4050 **NORTH AMERICA** 1-800-910-0001 **U.K.** 0800328-5676

www.stottpilates.com